

Missouri School Health Profiles 1994 - 2004



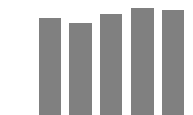

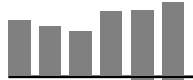


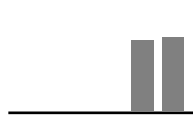

The *School Health Profiles* monitor the status of health education, policies, and programs in public schools at the middle, junior, and senior high school levels.

- Developed by the CDC
- Originally limited to health education, but now collect some information on physical education, health services, violence prevention, tobacco control, and food services
- Conducted in the spring of even-numbered years since 1994
- Random sample of all regular secondary public schools having at least one of the grades 6 through 12
- In 2004, questionnaires were sent to the principal and a designated lead health teacher in 436 secondary schools
- Usable questionnaires were returned by 353 principals and 331 teachers, representing about one-fourth of all secondary schools

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School support for student health and safety

Figure 1. Percentage of Missouri secondary schools with policies that support health education and physical education, 1994 - 2004

	1994	1996	1998	2000	2002	2004
 Require health education in any of grades 6 through 12	NA	84	80	87	92	91
 Have designated coordinator of health education	71	90	97	98	97	97
 Have school health advisory council	46	41	37	54	55	61
 Require physical education in any of grades 6 through 12	NA	NA	NA	NA	100	100
 Permit use of school for community sports or physical activity programs	NA	NA	NA	NA	93	88
 Offer intramural activities or physical activity clubs	NA	NA	NA	NA	60	62
 Provide transportation for students engaged in after-school activities	NA	NA	NA	NA	20	30

NA—Not Available

Figure 2. Violence prevention programs in secondary schools,
Missouri, 2000 - 2004

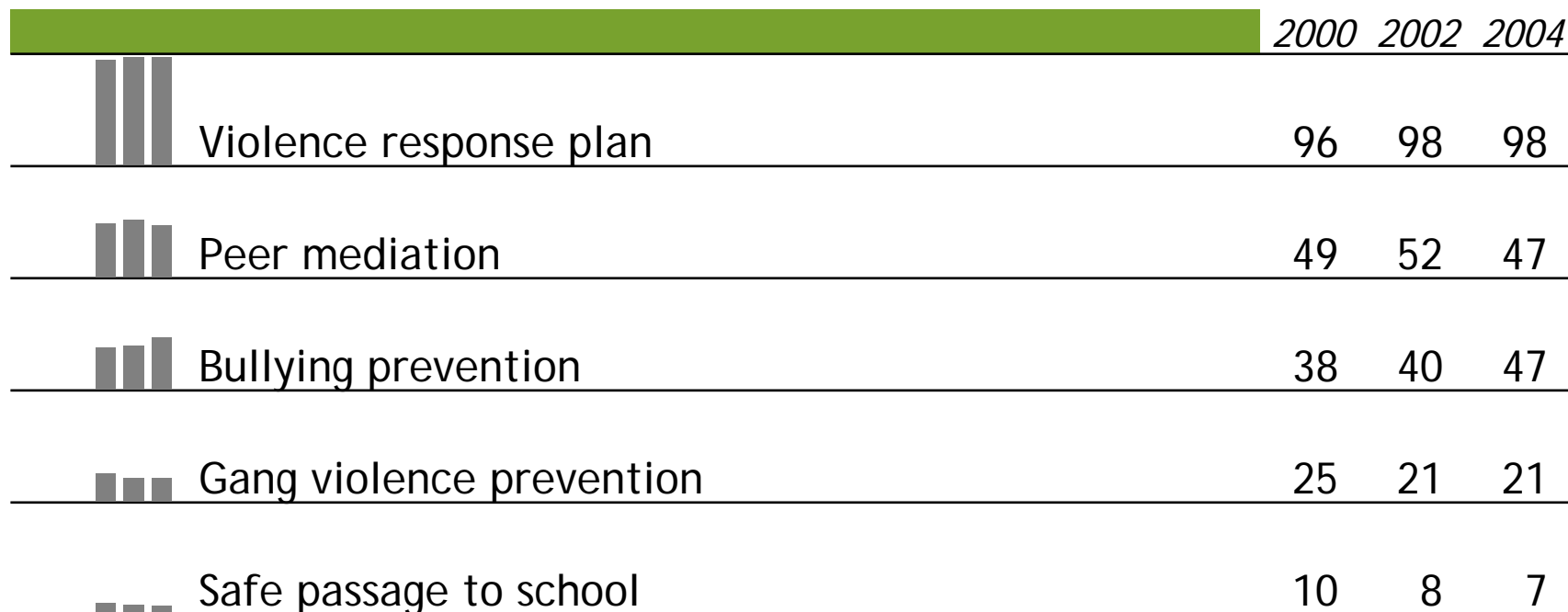


Figure 3. Asthma management activities in secondary schools,
Missouri, 2002 - 2004








		2002	2004
	Encourage full participation in p.e. and physical activity when students with asthma are doing well	97	99
	Identify and track all students with asthma	93	94
	Assure immediate access to medications as prescribed by a physician and approved by parents	91	94
	Provide modified p.e. and physical activities as indicated by the student's Asthma Action Plan	95	86
	Provide a full-time registered nurse all day, every day	72	73
	Obtain and use an Asthma Action Plan for all students with asthma	64	67
	Educate students with asthma about asthma management	56	64

Figure 4a. Tobacco control policies in secondary schools, Missouri, 2000 - 2004

				2000	2002	2004
Prohibit student cigarette smoking						
in buildings				100	100	99
on grounds				99	99	99
in buses				100	99	99
at off-campus, school-sponsored events				96	97	97

Figure 4b. Tobacco control policies in secondary schools, Missouri, 2000 - 2004


				2000	2002	2004
Prohibit student use of						
	smokeless tobacco			93	98	97
	cigars			90	97	95
	pipes			89	97	95

Figure 4c. Tobacco control policies in secondary schools, Missouri, 2000 - 2004

				2000	2002	2004
Prohibit tobacco advertising						
			in buildings	94	93	95
			on grounds	94	92	94
			in school publications	93	92	94
			in buses	94	93	93
			Prohibit students from wearing or carrying items with tobacco brand names, logos, or cartoons	92	93	94
			Prohibit tobacco advertising through sponsorship of school events	89	90	90

Figure 4d. Tobacco control policies in secondary schools, Missouri, 2000 - 2004

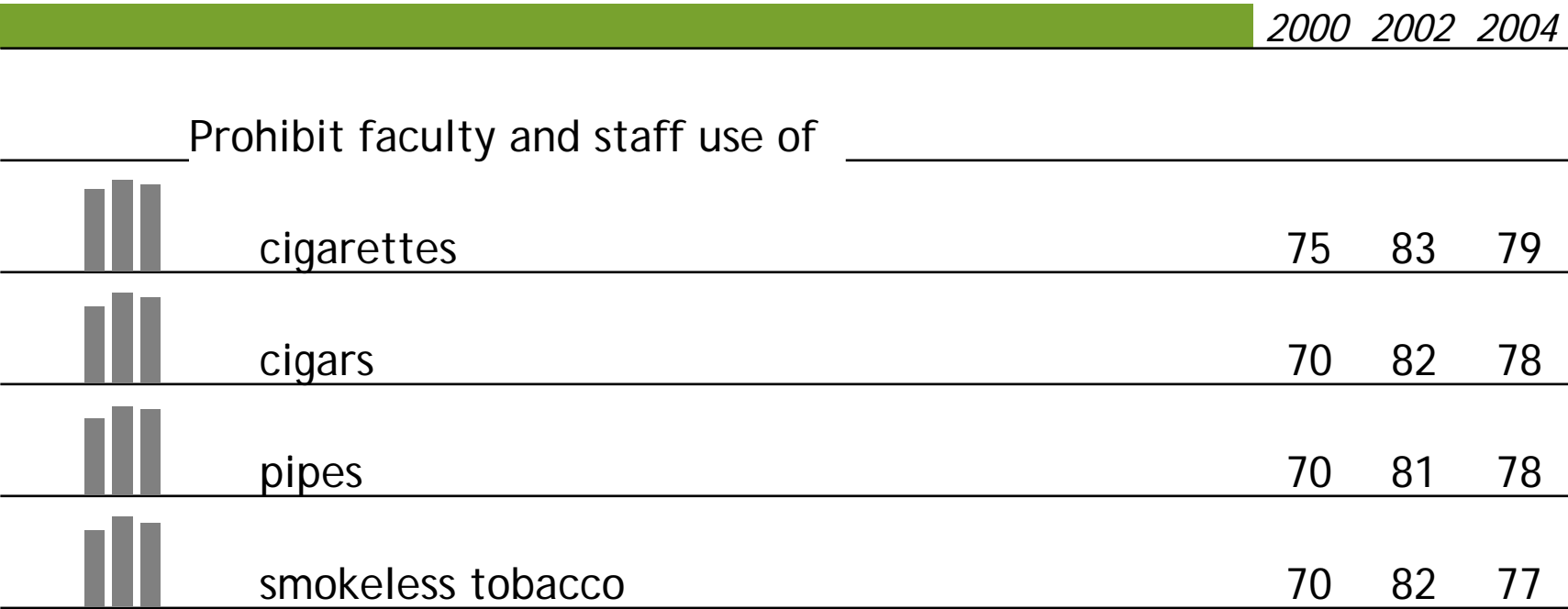


Figure 4e. Tobacco control policies in secondary schools, Missouri, 2000 - 2004

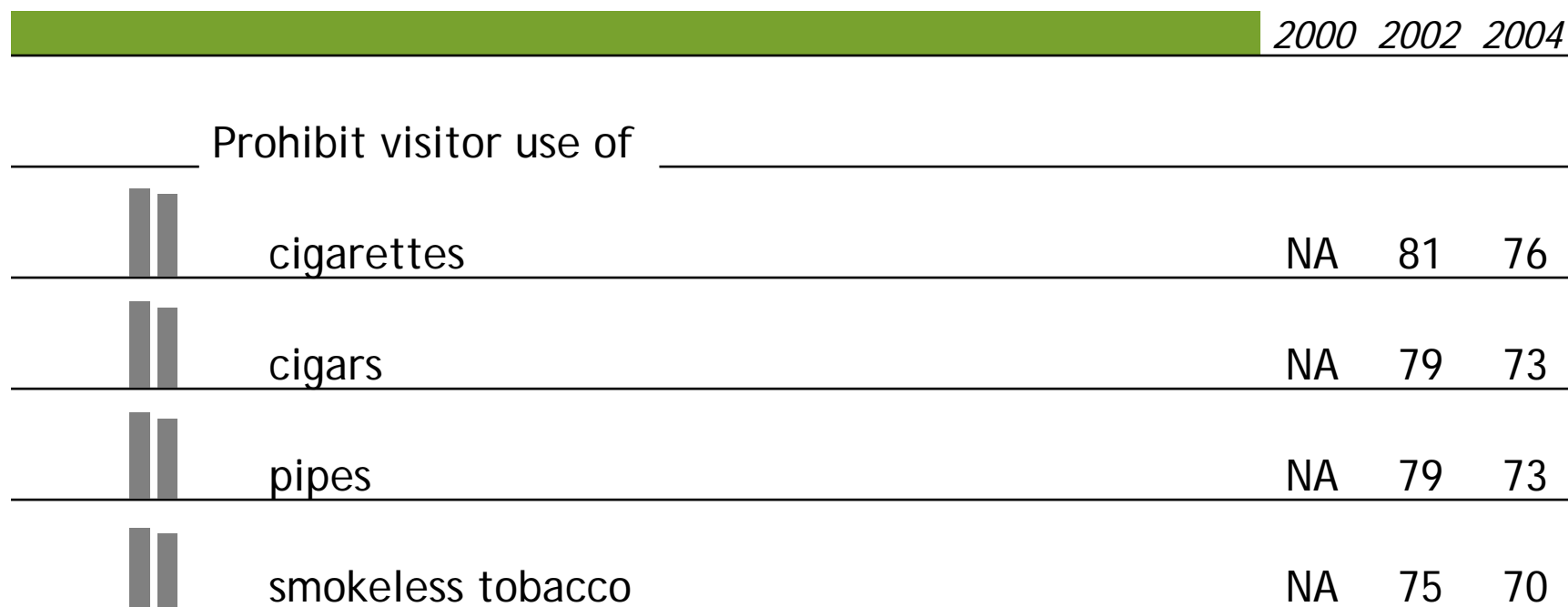


Figure 5a. Nutrition policies in secondary schools, Missouri, 2002 - 2004

		2002	2004
	Snack foods or beverages are available from vending machines or snack bar	90	90
	bottled water	86	90
	100% fruit juice	79	76
	salty snacks such as potato chips	77	76
	low-fat salty snacks, such as pretzels	74	76
	chocolate candy	70	69
	other candy	70	71
	low-fat baked goods	57	57

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Figure 5b. Nutrition policies in secondary schools, Missouri, 2002 - 2004

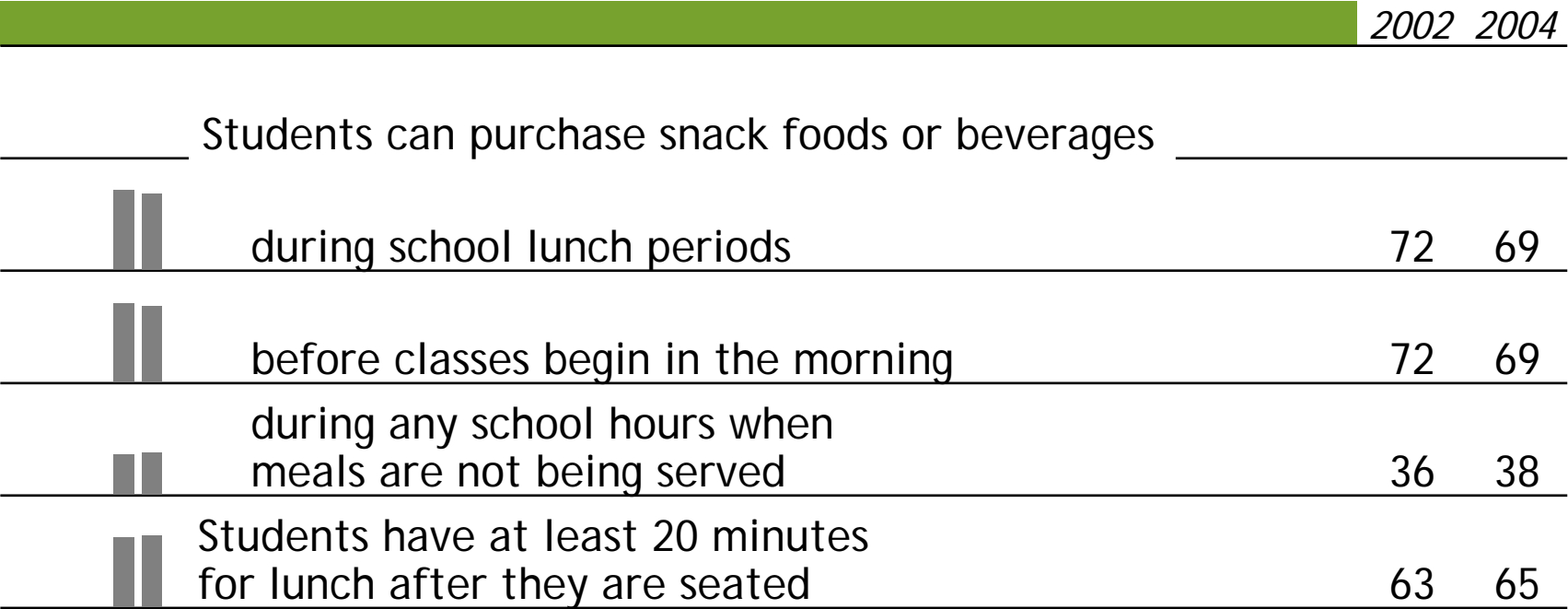
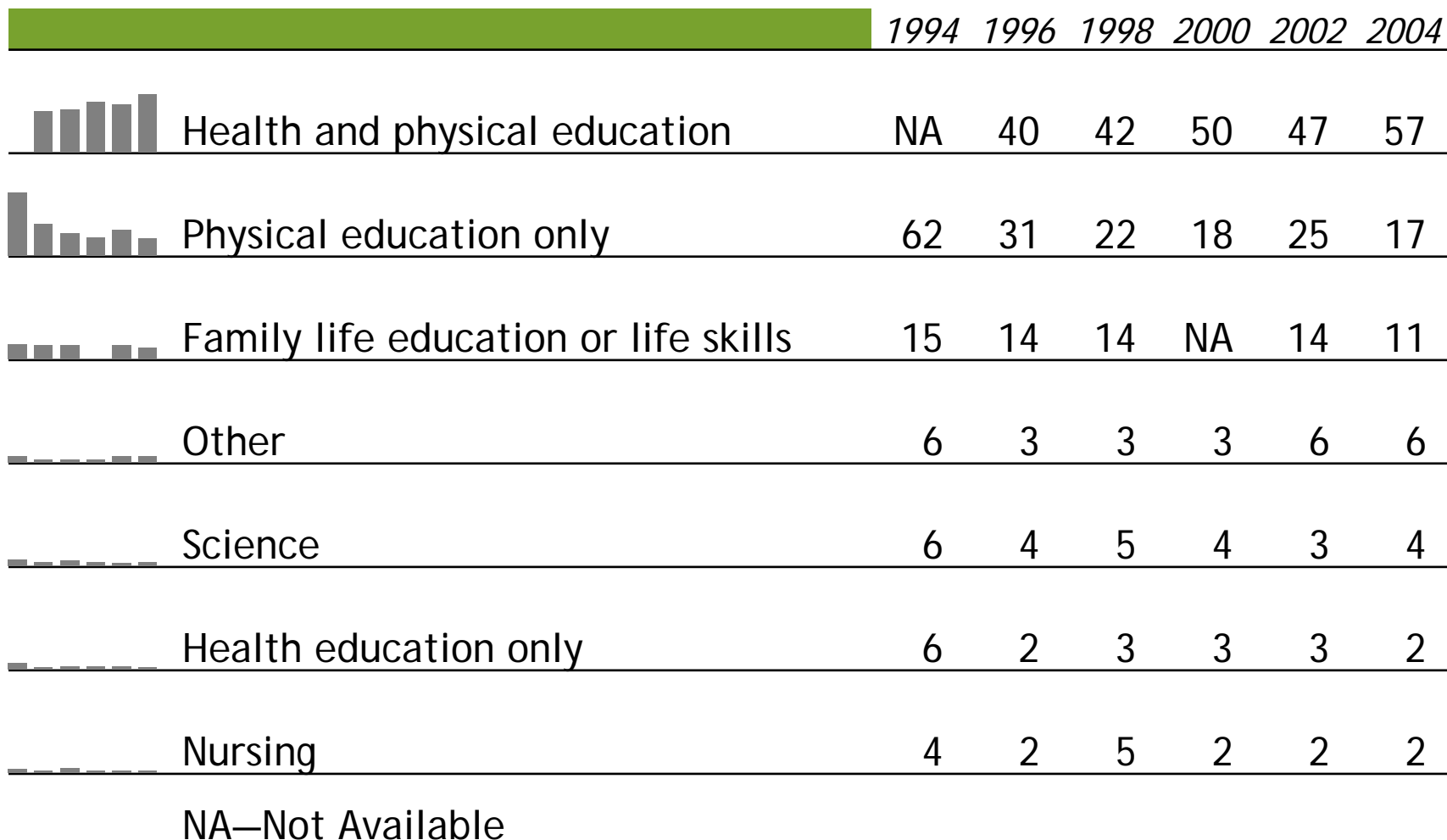


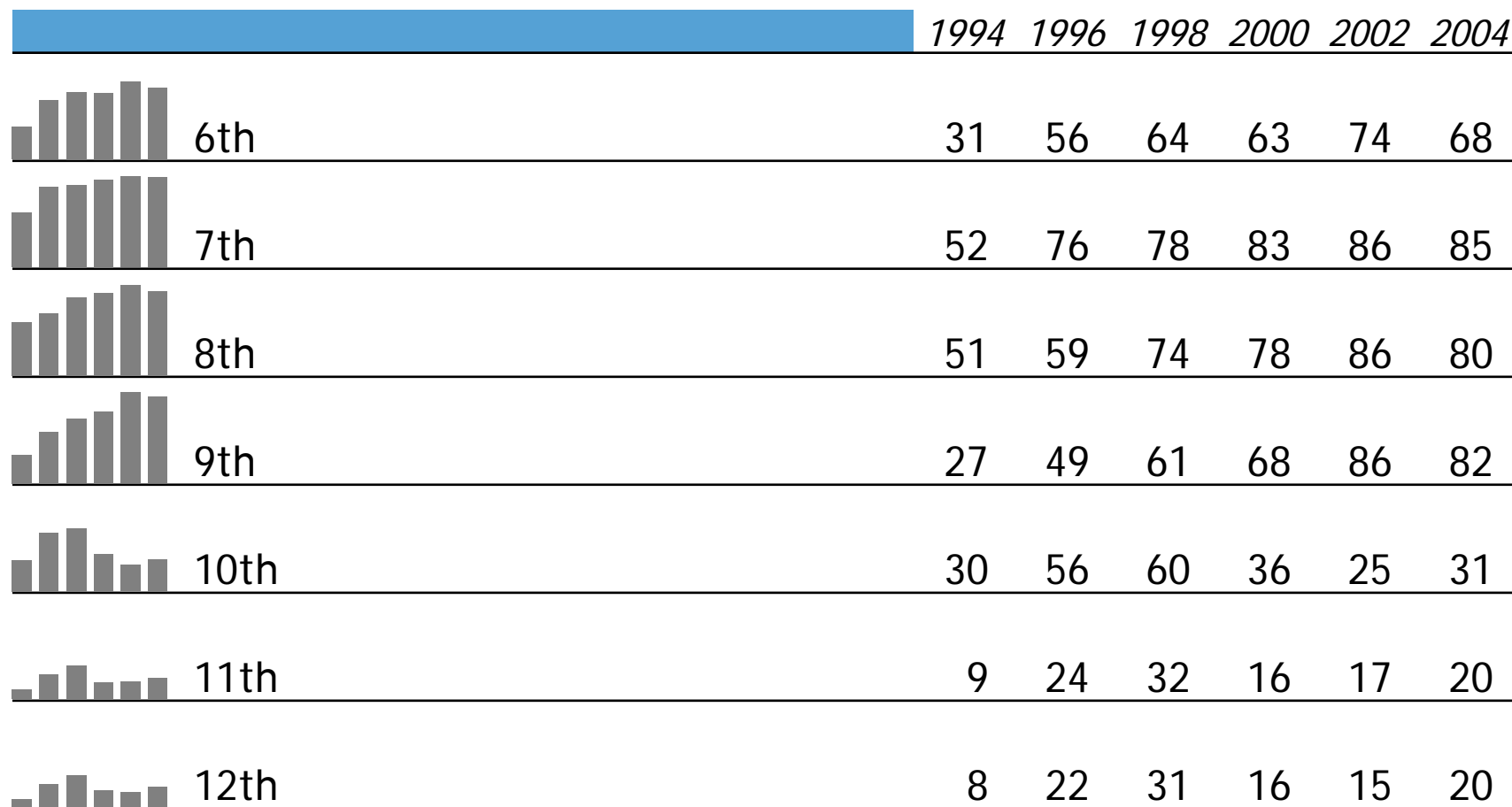
Figure 6. Professional preparation of lead health education teachers,
Missouri, 1994 - 2004



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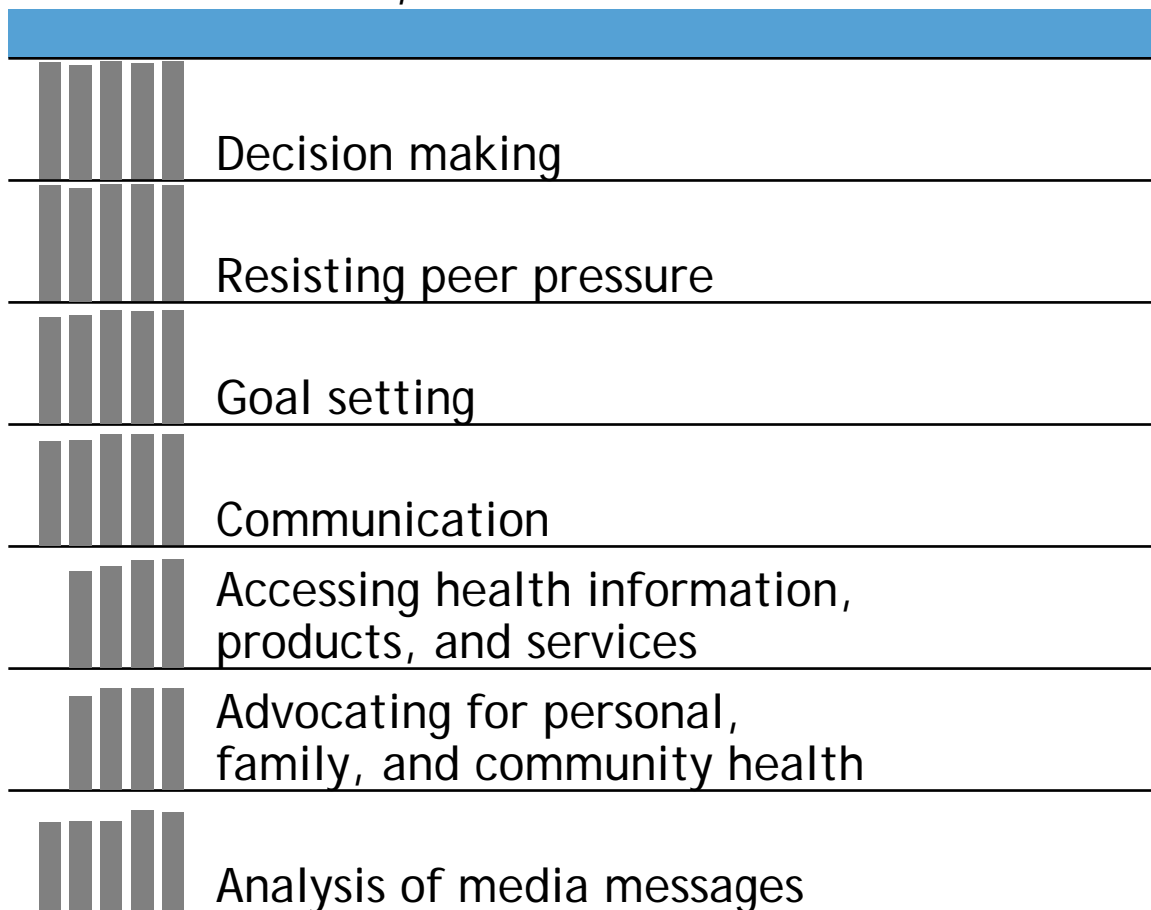
Instruction

Figure 7. Grades in which health education is required, Missouri, 1994 - 2004



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Figure 8. Skills taught in required health courses in secondary schools,
Missouri, 1996 - 2004

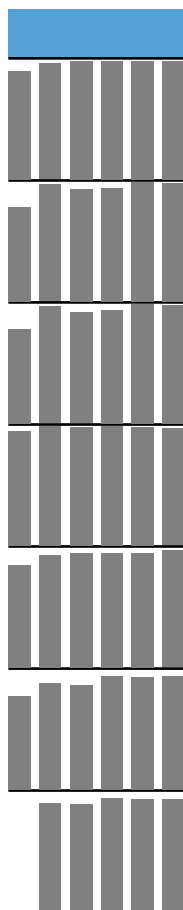


	1996	1998	2000	2002	2004
Decision making	98	96	99	97	99
Resisting peer pressure	97	95	98	98	97
Goal setting	89	91	95	94	95
Communication	87	88	93	93	93
Accessing health information, products, and services	NA	81	85	90	91
Advocating for personal, family, and community health	NA	78	85	85	85
Analysis of media messages	75	76	76	85	83

NA—Not Available

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Figure 9a. Topics taught in required health courses in secondary schools,
Missouri, 1994 - 2004

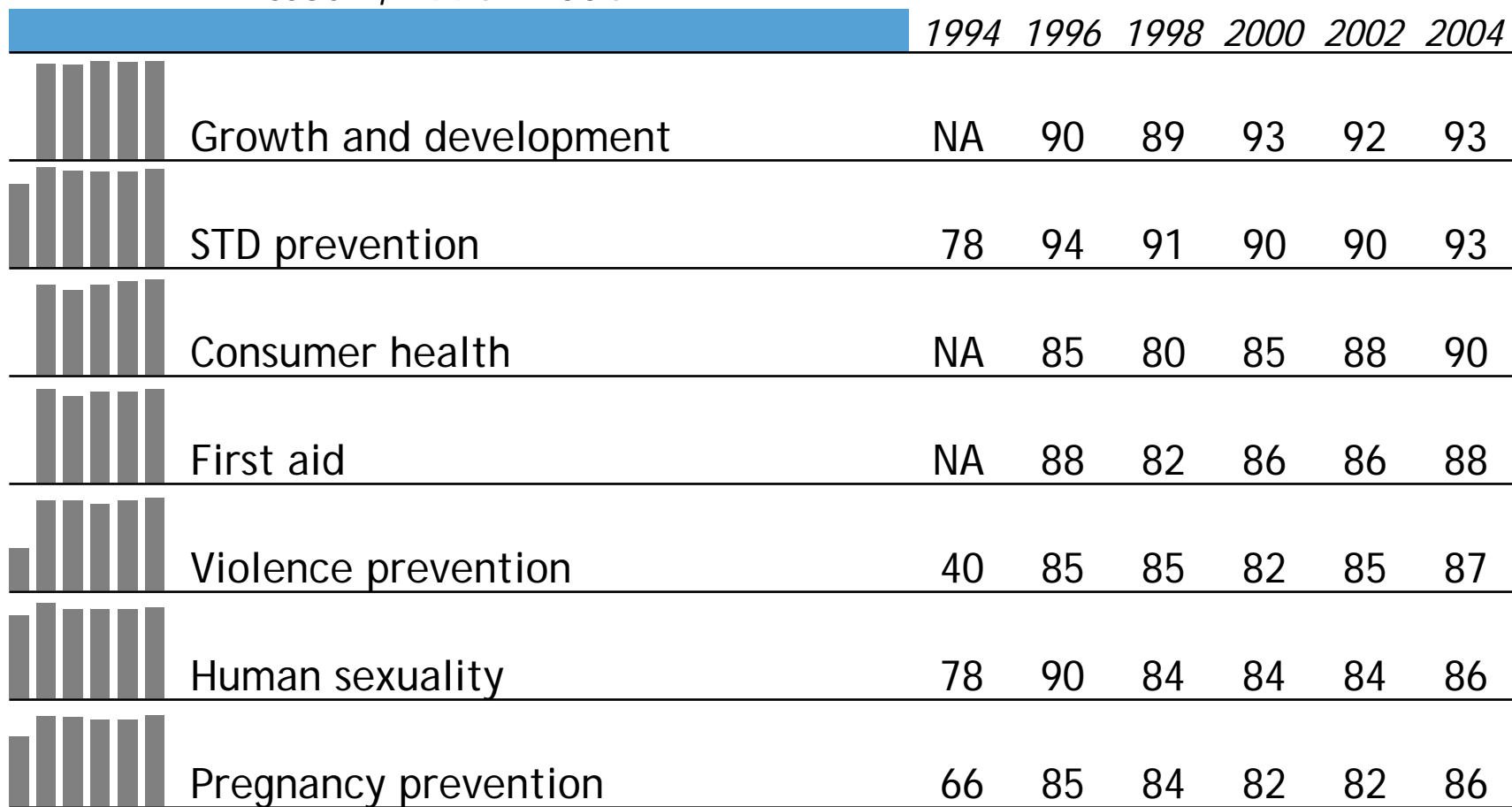


	1994	1996	1998	2000	2002	2004
Tobacco use prevention	91	97	99	99	99	99
Physical activity and fitness	79	98	94	95	100	99
Nutrition and dietary behavior	79	98	93	95	100	99
Alcohol or other drug use prevention	96	100	99	100	99	98
HIV prevention	86	94	96	96	96	98
Accident or injury prevention	78	89	87	95	94	95
Emotional and mental health	NA	91	90	95	94	94

NA—Not Available

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Figure 9b. Topics taught in required health courses in secondary schools,
Missouri, 1994 - 2004



NA—Not Available

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Figure 9c. Topics taught in required health courses in secondary schools,
Missouri, 1994 - 2004

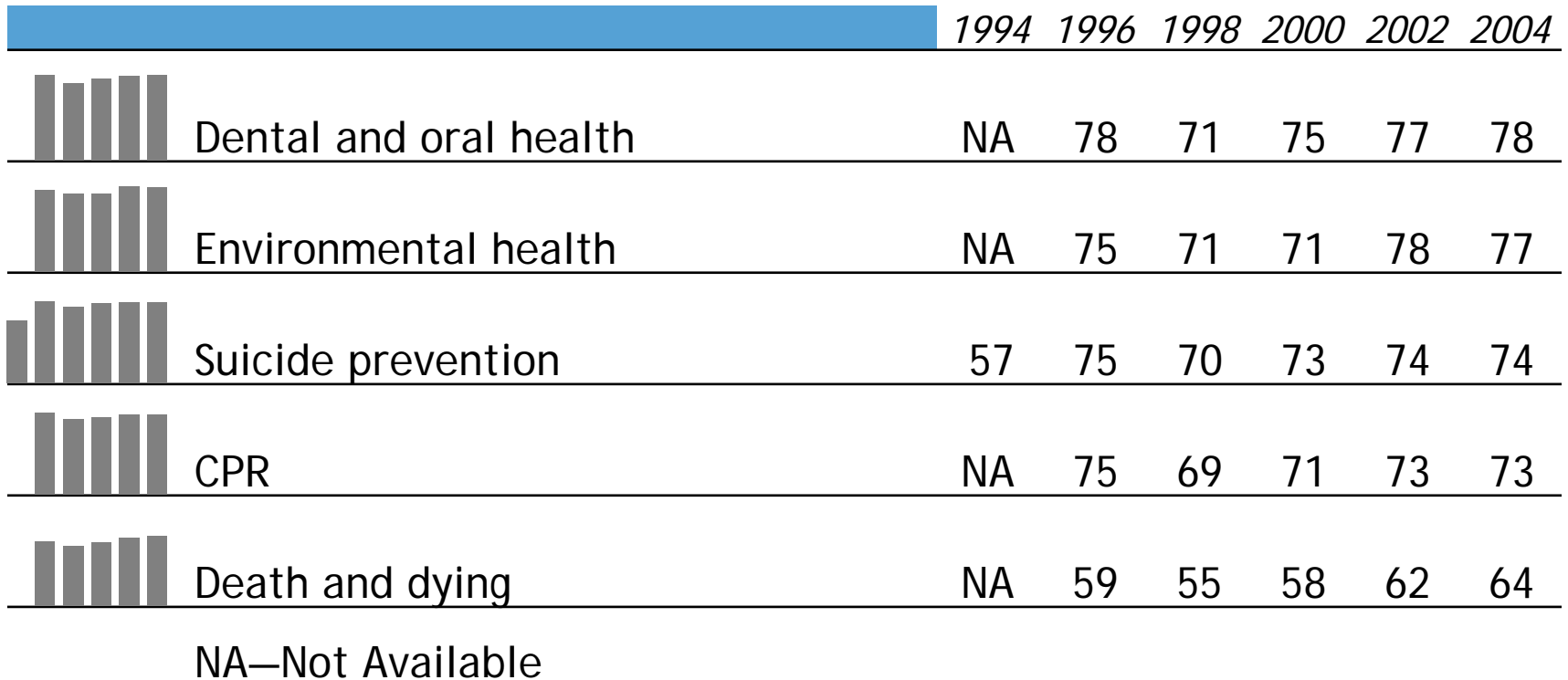
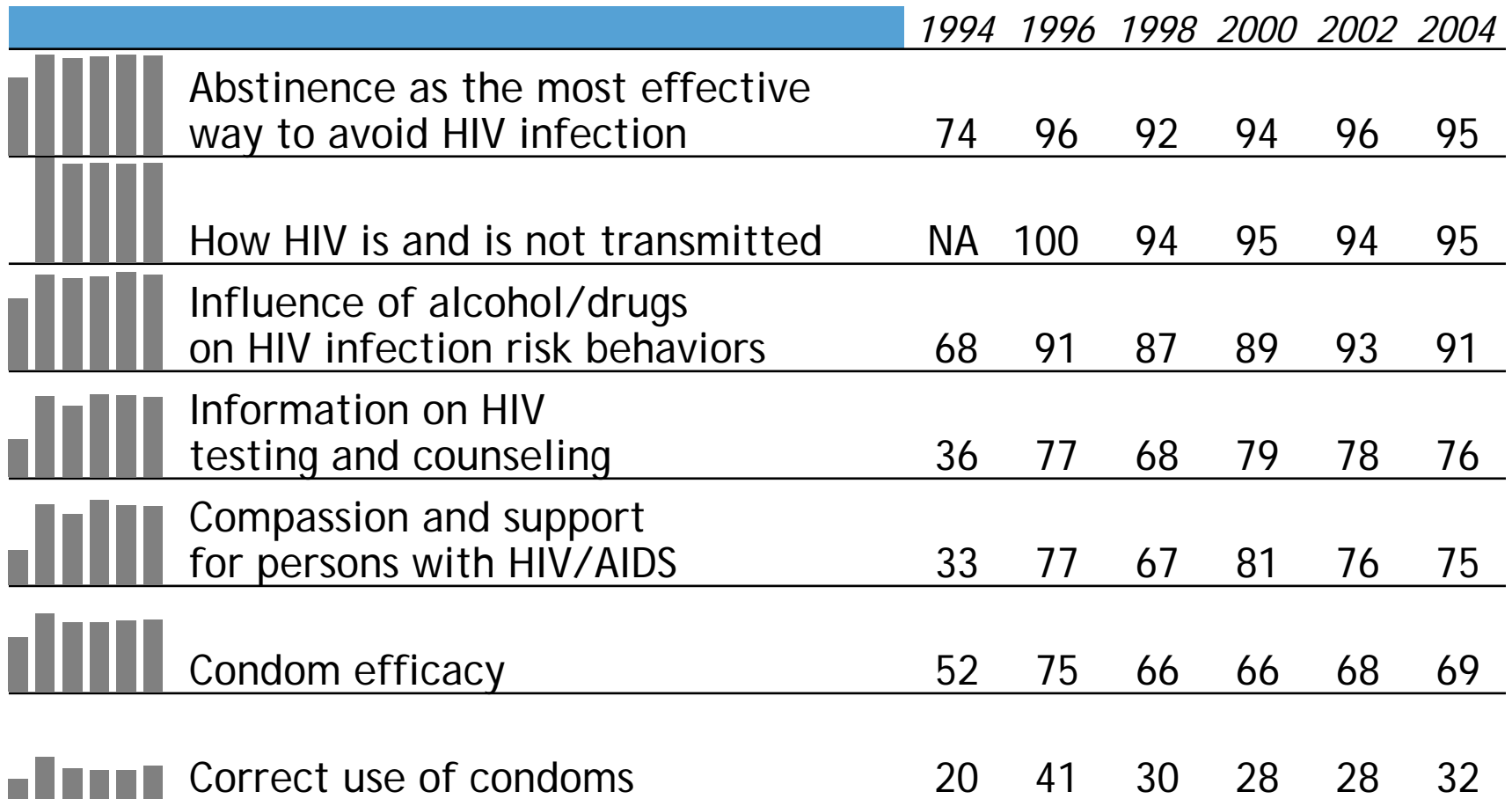


Figure 10. Physical activity topics taught in required health courses in secondary schools, Missouri, 2002 - 2004

	2002	2004
How much physical activity is enough	88	98
The physical, psychological, or social benefits of physical activity	96	95
Health-related fitness	93	94
Decreasing sedentary activities such as television watching	90	91
Phases of a workout	91	89
Dangers of using performance-enhancing drugs, such as steroids	90	89
Preventing injury during physical activity	89	89
Weather-related safety	90	85

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Figure 11. HIV and AIDS topics taught in required health courses in secondary schools, Missouri, 1994 - 2004




NA—Not Available

Figure 12a. Nutrition and dietary topics taught in required health courses in secondary schools, Missouri, 2002 - 2004

	2002	2004
The benefits of healthy eating	98	98
Aiming for a healthy weight	96	98
Choosing a variety of fruits and vegetables daily	95	97
The Food Guide Pyramid	98	97
Using food labels	96	96
Risks of unhealthy weight control practices	94	96
Choosing a diet low in saturated fat and cholesterol and moderate in total fat	94	96
Choosing a variety of grains daily, especially whole grains	93	95

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Figure 12b. Nutrition and dietary topics taught in required health courses in secondary schools, Missouri, 2002 - 2004

		2002	2004
	Moderating intake of sugars	94	94
	Eating disorders	95	92
	Accepting body size differences	90	90
	Preparing healthy meals and snacks	90	89
	Eating more calcium-rich foods	88	87
	Choosing and preparing foods with less salt	83	86
	Keeping food safe to eat	84	83

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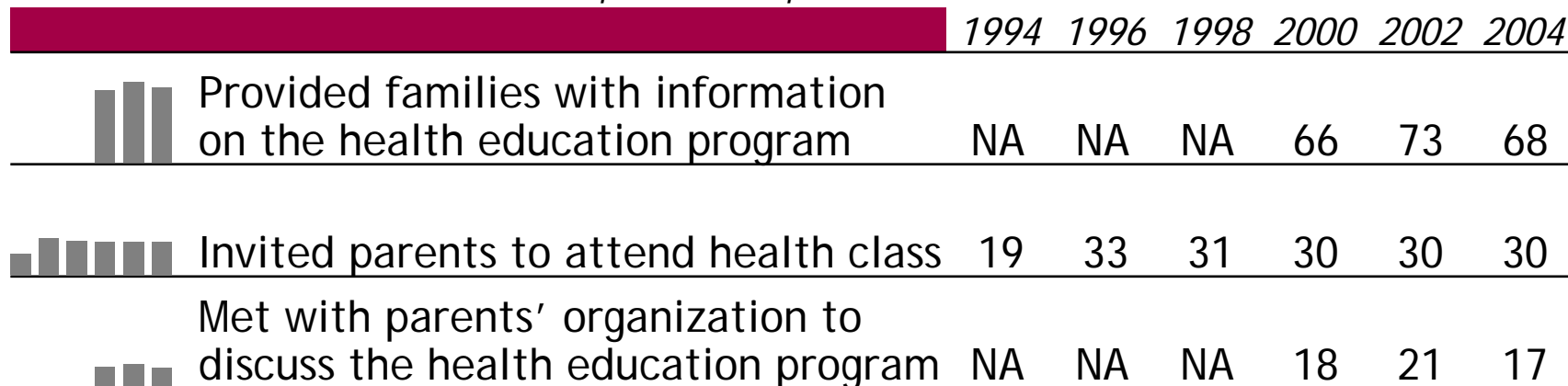
Figure 13. Tobacco prevention topics taught in required health courses in secondary schools, Missouri, 2000 - 2004

	2000	2002	2004
Short- and long-term health consequences of cigarette smoking	98	97	98
Benefits of not smoking cigarettes	99	96	98
Addictive effects of nicotine in tobacco products	99	95	97
The health effects of second-hand smoke	NA	94	97
Short- and long-term health consequences of smokeless tobacco	98	95	96
The number of illnesses and deaths related to tobacco use	95	94	96
How to say no to tobacco use	NA	94	96

NA—Not Available

Coordination of school health activities

Figure 14a. Strategies used by lead health teachers to involve others in health education, Missouri, 1994 - 2004



NA—Not Available

Figure 14b. Strategies used by lead health teachers to involve others in health education, Missouri, 1994 - 2004



NA—Not Available

Figure 15. Secondary school courses other than health in which required HIV prevention is taught, Missouri, 2002 - 2004

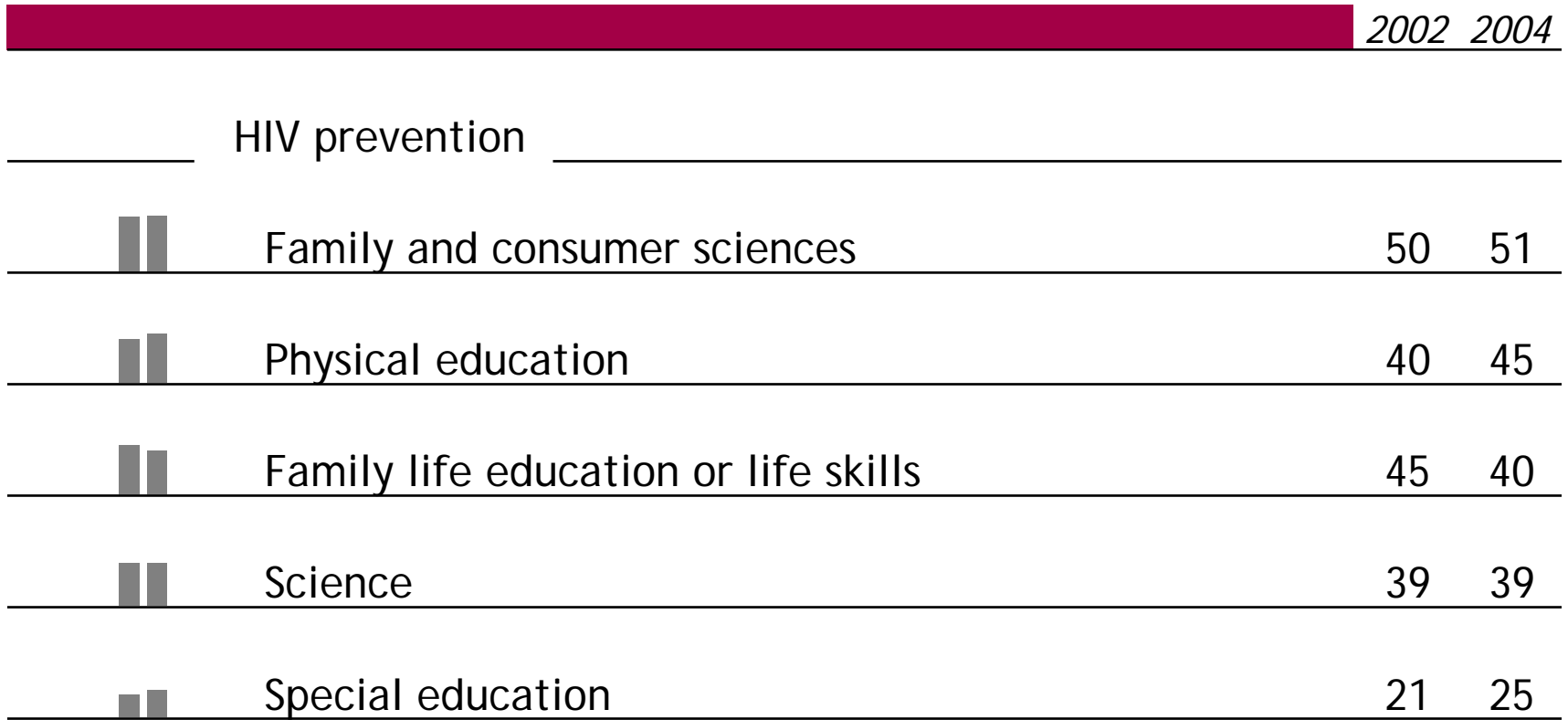
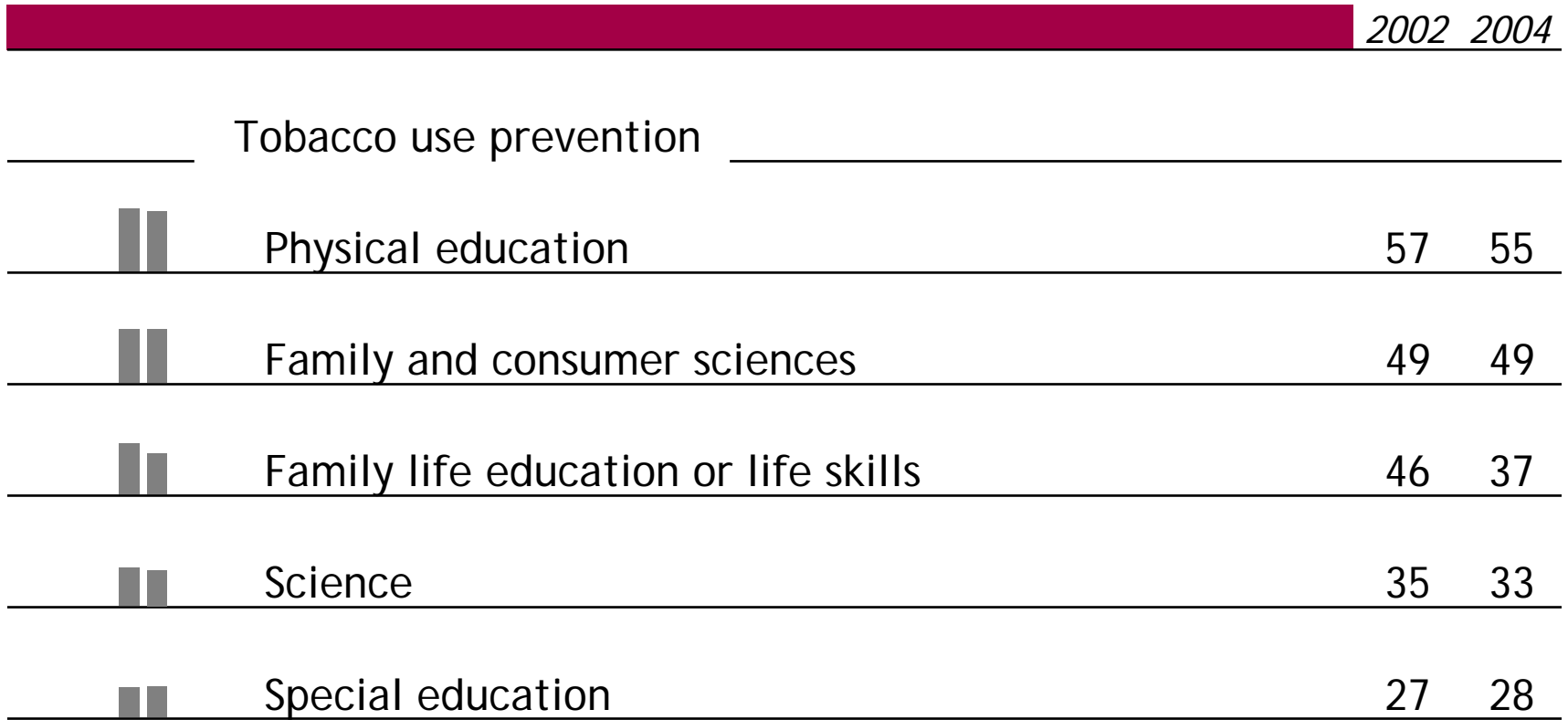


Figure 16. Secondary school courses other than health in which required tobacco use prevention is taught, Missouri, 2002 - 2004



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